

SOUTH PASADENA SENIOR CENTER NEWSLETTER

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South Pasadena Senior Center

p. (626) 403 - 7360

w. southpasadenaca.gov

a. 1102 Oxley St., South Pasadena,
CA 91030

e. seniorcenter@southpasadenaca.gov

 @SPseniorcenter



Alfredo Caanacan receiving a Snuggle a Senior blanket & card.

Message from the Senior Center Supervisor

Dear Senior Center Members and Patrons,

The South Pasadena Senior Center is happy to resume offering in-person indoor activities starting the week of February 28, 2022.

In the coming months, we encourage you all to check out one of our new groups. Some of these programs include fee based classes such as Meditation, Yoga, and Tai Chi. Additionally, we have new times for some of your favorite activities like Bridge which will now offer an afternoon session. We will also be celebrating Valentine's Day & St. Patrick's Day with coffee and treats out on the Senior Center patio. Read through the newsletter to see all what is being offered!

We hope to see you at the Senior Center soon!

Melissa Snyder

Community Services Supervisor

Senior Center Important Information

Hours of Operation

The South Pasadena Senior Center is open to the public Monday through Friday from 8:00 a.m. to 5:00 p.m.

Upcoming Closures

All City facilities will be closed on Monday, February 21, 2022 in observance of Presidents' Day. An additional meal will be added to Home Delivery participants the week of February 14, 2022 for the closure. Meals for the week of February 21st will be delivered on Tuesday.

Home Delivery Program

Home delivery participants will receive frozen bulk meals for the week (either 5 or 7 meals per box). Deliveries will be on Monday, unless otherwise stated. Cost: \$3.00 per meal.

To sign up or to receive more information, please call (626) 403-7360.

Grab & Go Meal Program

Frozen meals for the week will be available for pick-up on Mondays from 11:30 a.m. to 12:30 p.m. Cost is \$3.00 per meal and payment is due at pick-up.

To sign up or to receive more information, please call (626) 403-7360.

Membership Dues

Membership dues can be paid by completing an application and returning a check to the Senior Center. An individual membership is \$25.00 and a couple membership is \$35.00. Checks should be made out to:

City of South Pasadena

Dial-A-Ride Hours

South Pasadena residents can schedule transportation to essential services such as medical appointments or grocery stores. Dial-A-Ride is open Monday through Friday from 8:00 a.m. to 5:00 p.m. with last pick-up at 4:00 p.m.

To schedule an appointment please call (626) 403-7368.

Social Reassurance Calls

If you or someone you know would like to have a wellness check-in call please call the Senior Center. The purpose is to stay connected and know that we are all concerned for your well-being. Senior Center staff make the calls on Wednesday afternoons.

To sign up please call the Senior Center at (626) 403-7360.

Grocery Shopping

Volunteers from South Pasadena are still available to shop for seniors unable to go to local grocery stores. The services is offered at no charge to residents.

If you or a resident you know needs assistance email

girlfridaysouthpasadena@gmail.com or call (626) 225-5111.

Email Updates

Make sure to provide an updated and accurate email to the Senior Center to receive weekly emailed updates! Weekly updates include what activities are available for the following week, the most accurate menu, and more important information.

To add your email to the mailing list or to update your current email, please call (626) 403-7360 or email

seniorcenter@southpasadenaca.gov.

WiFi

Access is available to Senior Center Members. Make sure to check with the front desk for access. Please note, the password is changed periodically.

Computer Lab

The computer lab is open for use. Computer lab will not be available during classes or scheduled meetings.

The computer lab is available to Senior Center Members ONLY.

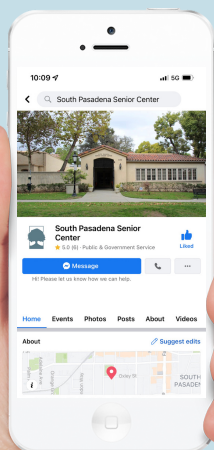
SENIOR CENTER INSTRUCTOR *Highlight*



The Community Services Department is pleased to introduce Pam Dong our new Tai Chi instructor! She will be offering beginning to advanced Tai Chi at the Community Room on Wednesdays. Please check out her class information on page 5.

Make sure to like the Senior Center on **facebook**

to stay up to date on
programming & events!



Find us at
@spseniorcenter

or scan the QR code
below:



Health & Wellness Information

Health Screenings & Counseling

Monthly health screenings and counseling will be hosted by Kathy Eastwood from Huntington Hospital every 3rd Tuesday of the month from 9:00-11:00 a.m.

RETURN DATE TBD BY HUNTINGTON HOSPITAL

To schedule an appointment, please call the front desk at (626) 403-7360.

Welbe Health Programming & Services

Welbe Health will be at the Senior Center on Wednesday, March 9, 2022 at 12:00 p.m.

Human Services

Access Services

Access provides transportation services within Los Angeles County.

To register, call (800) 827-0829.

To make a reservation, call (800) 883-1295.

MTA Passes (TAP)

Residents 60 years and older are eligible for reduced MTA pass to ride the METRO or buses. In order to load TAP cards, older adults or disabled persons must have a TAP card, provide proof of residency in South Pasadena (water or electric bill), and provide an ID (to verify age and proof of disability). \$10 per month for South Pasadena residents.

If you are obtaining TAP for the first time, please visit www.metro.net

For more information, please call (323) 466-3876.

Financial Advice

Financial Advisor Scott W. Burch can advise on income planning, investment risk reduction, long term care planning and tax reduction on every 2nd and 4th Tuesday of the month, live or virtual by appointment.

To schedule an appointment, please call the front desk at (626) 403-7360.

Dates: March 8 & 22, 2022

Time: 10:00 a.m. to 12:00 p.m.

Los Angeles County Department of Mental Health Line

If you need someone to talk to, mental health support, resources, or referrals, call the Mental Health 24/7 Access Line at (800) 854-7771 or text "LA" to 741741.

Important Phone Numbers

Dial-A-Ride

(626) 403-7368

City Hall

(626) 403-7200

Fire Department

(626) 403-7300 (Non-Emergency)

Police Department

(626) 403-7270 (Non-Emergency)

Public Works

(626) 403-7370

Library

(626) 403-7330

Elder Abuse Hotline

(877) 477-3646

Huntington Hospital

(626) 397-5000

On-Going Classes & Groups

Book Discussion Group

Instructor: Liz Giffen-Glad

Group will meet on the 3rd Wednesday of each month from 10:00 a.m. to 11:30 a.m., unless otherwise stated.

Registration is required. Must be a Senior Center Member to join group.

Date: Wednesday, March 16, 2022

Time: 10:00 a.m. to 11:30 a.m.

Topic: The Road by Cormac McCarthy

Bridge

Challenge the mind with one of the greatest card games. Some knowledge of Bridge is required. Group is lead by volunteers. Group meets on Tuesdays from 9:00-11:30 a.m. and 1:00-3:00 p.m.

Canasta & Other Games

Group meets on Thursdays from 1:30-3:00p.m. and is lead by volunteers.

LOOKING FOR GROUP VOLUNTEER LEADERS

Chair Yoga

Instructor: Kathy Eastwood

Chair Yoga is a great way for older adults to get wonderful health benefits of yoga. Class is offered by Huntington Hospital every 3rd Tuesday.

RETURN DATE TBD BY HUNTINGTON HOSPITAL

Time: 11:15 a.m. to 12:00 p.m.

ADVANCED REGISTRATION IS REQUIRED

SPACE IS LIMITED

Chess Group

Come challenge a friend to the classic game of strategy! Group is led by George Holmes and meets on Wednesdays from 9:00 a.m. to 12:00 p.m.

Computer Basics

Start the year learning to use a computer. Class is taught by George Holmes. Cost \$25 for the session. Advanced registration is required.

Espanol (Beginners)

Instructor: Walter Cervantes

Class is designed for those with little or no knowledge of the language. Requires a textbook (Cost: \$10).

Registration is required. Must be a Senior Center Member to join group.

Group resumes on Thursday, April 7, 2022

Time: 10:00 a.m. to 11:00 a.m.

French

Instructor: Ann Levi

Ann Levi returns to the South Pasadena Senior Center to teach French class!

Group resumes on Wednesday, March 2, 2022

Time: 9:00 a.m. to 10:00 a.m.

ADVANCED REGISTRATION IS REQUIRED

SPACE IS LIMITED

Italiano (Basic/Beginners)

Instructor: Ron De Luco

Basic Italian for the person with no prior knowledge. Requires a textbook (Cost: \$15).

Registration is required. Must be a Senior Center Member to join group.

Group resumes on Monday, February 28, 2022

Time: 11:00 a.m. to 12:00 p.m.

Italiano (Conversational)

Instructor: Miguel Coronado

Class shares in conversation. Not designed for beginners.

Registration is required. Must be a Senior Center Member to join group.

Group resumes on Monday, February 28, 2022

Time: 12:00 p.m. to 1:00 p.m.

Mah Jong

Independent group, players need to have some knowledge of the game. Group meets on Monday from 1:30-3:00 p.m.

LOOKING FOR GROUP VOLUNTEER LEADERS

Open Discussion Group

Join our open discussion group and share your thoughts on a new topic each month! Group is led by Ron De Luco and meets on the 4th Monday of each month.

Date: Monday, March 28, 2022

Time: 1:00 p.m.

Topic: Paranormal Experiences

Walking Group

Join the group to get some regular exercise as they walk around the park and our community! This is a wonderful opportunity to exercise outdoors and meet new friends!

Group meets on Tuesdays & Thursdays in the front of the Senior Center

Avid walker group meets at 9:00 a.m.

Beginning walker group meets at 9:45 a.m.

Register for a group at the Senior Center front desk, by phone at (626) 403-7360, or by email at seniorcenter@southpasadenaca.gov

Monthly Classes

FUN-ctional Fitness

Mondays & Fridays from 9-10 a.m.

Instructor: Bill Shuttic

Location: Garfield Park

One of our most popular fitness classes. Class is designed to improve everyday functional fitness through upper and lower extremity strengthening, core, stretch and some aerobic training.

February Sessions: 2/4-2/28/22

Monday & Friday COST: \$16

Monday or Friday ONLY COST: \$10

March Sessions: 3/4-3/28/2022

Monday & Friday COST: \$40 (\$5 per class)

Monday ONLY COST: \$20 (\$5 per class)

Friday ONLY COST: \$20 (\$5 per class)

\$5 walk-in fee available

Line Dancing

Thursdays from 9-10:30 a.m.

Instructor: Pauline Wong

Location: Senior Center

Learn basic line steps, dance to oldies music and stimulate the brain by remembering step patterns to choreographers. It also is a great workout!

Facial coverings required.

March Session: 3/3-3/31/2022

COST: \$25 (\$5 per class); \$5 walk-in fee available

Meditation NEW!

Tuesdays from 9:30-10:30 a.m.

Instructor: Avry Budka

Location: Senior Center Computer Lab

Meditation calms the mind. It can teach on to focus positively on the task at hand. It is also a tool to develop and expand one's consciousness. Facial coverings required. Proof of vaccination is required to attend class.

March Session: 3/1-3/29/2022

COST: \$20 (\$4 per class); \$5 walk-in fee available

Yoga, Meditation & Stretch NEW!

Tuesdays & Thursdays from 8:30-9:30 a.m.

Instructor: Diana Bohan, Certified Yoga Instructor

Location: Library - Community Room

Increase flexibility through positions that act upon various joints. Yoga positions work different tendons and ligaments of the body to help relieve pain, improve sleep, create mental balance and increase energy. Facial coverings required.

March Session: 3/1-3/31/2022

COST: \$40 (\$4 per class); \$5 walk-in fee available

Tai Chi for Health: Qi Gong NEW!

Wednesdays from 9-10 a.m.

Instructor: Pam Dong

Location: Library - Community Room

Tai Chi for Health focuses on Qi Gong, the foundation in the 2500-year-old ancient Chinese health philosophy. The emphasis is on relaxation of the body and calmness of the mind using coordinated non-impact exercises and breath such as the Five Animals, the 8 Cycles, and Liang Gong. These practices bring about increase energy and physical harmony to the body. One learns to relax, concentrate, gain flexibility, coordination and balance, and nourish their chi. Facial coverings required. Proof of vaccination is required to attend class.

March Session: 3/2-3/30/2022

COST: \$25 (\$5 per class)

Tai Chi: Martial Art Introduction NEW!

Wednesdays from 10-11 a.m.

Instructor: Pam Dong

Location: Library - Community Room

Tai Chi the martial art aspect, utilizes slow, coordinated, continuous flowing movements known as Forms to achieve relaxation, coordination, flexibility, and balance. Every movement has a martial arts application. Learn the basic 8 Form and the Yang Simplified 24 Postures Form. Facial coverings required. Proof of vaccination is required to attend class.

March Session: 3/2-3/30/2022

COST: \$25 (\$5 per class)

Tai Chi: Martial Art Int/Adv NEW!

Wednesdays from 11 a.m. to 12 p.m.

Instructor: Pam Dong

Location: Library - Community Room

For Tai Chi practitioners who are familiar with the 24 Yang Simplified, or the Traditional Yang 108 Forms. Practice the 10 Principles of Tai Chi to enhance your practice. Learn the 13 Yang Tai Chi Postures Mirror Form to cultivate your chi. Facial coverings required. Proof of vaccination is required to attend class.

March Session: 3/2-3/30/2022

COST: \$25 (\$5 per class)

**REGISTER
ONLINE BY
SCANNING
THE CODE!**



Upcoming Events & Programming

Valentine's Day Senior Social Hour

Come enjoy your Valentine's Day out on the Senior Center patio. Enjoy coffee and tea while you socialize with your friends.

Date: Tuesday, February 15, 2022

Time: 10:00 a.m. to 11:00 a.m.

Senior Social Hour

Come enjoy an hour out on the Senior Center patio. Enjoy coffee and tea while you socialize with your friends. Hope to see you there!

Date: Friday, February 25, 2022

Time: 10:00 a.m. to 11:00 a.m.

St. Patrick's Day Coffee & Treats

Help us celebrate St. Patrick's Day with coffee and treats out on the South Pasadena Senior Center patio!

Date: Thursday, March 17, 2022

Time: 10:30 a.m. to 11:30 a.m.

TECH DAY

Tech help returns to the South Pasadena Senior Center! Bring in your device and questions to us and we will have staff and Youth Commission volunteers assist you! Tech Day will be held on the 2nd and 4th Wednesday of each month.

Dates: Wednesday, March 9 & 23, 2022

Time: 3:00 p.m. to 5:00 p.m.



**JOIN US ON
SOCIAL MEDIA!**

Help Raise Awareness of the South Pasadena Senior Center

The Foundation is now on Instagram and Facebook to help introduce our community to the South Pasadena Senior Center's vital services and the vibrant seniors who take advantage of them.

We're sharing fun stories, resources for seniors and their loved ones, and raising money for this critical community institution.

**Follow the Senior Citizens'
Foundation of South Pasadena
on FACEBOOK and INSTAGRAM**

**FIND US AT
@SPSeniorFoundation**

The fundraising arm for the South Pasadena Senior Center, the Senior Citizens' Foundation of South Pasadena provides critical extra funding for programs and items the Senior Center is unable to afford on its own very limited budget.

Senior Cinema Program

Films are offered Friday afternoons starting at 1:00 p.m. unless otherwise noted. Films are selected by a committee of volunteers that welcome your suggestions. The committee maintains a balance of new releases and classics.

Defending Your Life (1991)

(112 minutes)

Just after being killed in a car crash, Daniel Miller finds himself in Judgment City, a waiting area for the newly deceased. While there, one must prove in a courtroom-style process that he successfully overcame his fears. Daniel meets Julia in an afterlife comedy club, and falls in love with her. Julia seems to have what it takes to move to the 'next stage' of existence, but Daniel's worried he'll be sent back - and lose the one person he loves so much.

Stars Albert Brooks, Meryl Streep, Rip Torn.

Friday, March 4, 2022

The Heat (2013)

(117 minutes)

The story begins when egotistical, ambitious FBI agent Sarah Ashburn (Bullock) is promised consideration for a big promotion if she can bring down a drug lord setting up shop in Boston, she's forced to team with loud-mouthed local cop Shannon Mullins (McCarthy). The two hate each other at first sight, but as they dig deeper into the mysterious identity of their prey, they forge an abiding respect and friendship.

Stars Sandra Bullock, Melissa McCarthy

Friday, March 11, 2022

At Middleton (2013)

(97 minutes)

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.

Nominated for Best Picture. Stars Anthony Hopkins (won Best Actor).

Friday, March 18, 2022

Greenland (2020)

(119 minutes)

Upon hearing the news that a huge comet will hit Earth within 48 hours and start the dreaded apocalypse, John Garrity, his estranged wife Allison, and their son Nathan decide to make their way to Greenland, where a group of bunkers is located. The journey, however, proves to be more perilous than they anticipated. Amidst the growing panic and lawlessness around them, the family tries their hardest to catch one last flight to the last possible safe haven on the planet.

Stars Gerard Butler, Morena Baccarin & Roger Dale Floyd.

Friday, March 25, 2022





COMMUNITY SERVICES

MARCH 2022 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Home Delivery/Grab & Go Meal Programs Functional Fitness (9-10 a.m.) Italian (Basic/Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-3 p.m.)	1 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Bridge (9-11:30 a.m.) (1-3 p.m.) Meditation (9:30-10:30 a.m.)	2 French (9-10 a.m.) Chess Club (9 a.m.-12 p.m.) Tai Chi (9-10 a.m.) (10-11 a.m.) (11 a.m.-12 p.m.)	3 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Line Dancing (9-10:30 a.m.) Espanol (Beginner) (10-11 a.m.) Canasta & Other Games (1:30-3 p.m.)	4 Functional Fitness (9-10 a.m.) Computer Basics (9-11 a.m.) Movie: <i>Defending Your Life</i> (1-3 p.m.)
7 Home Delivery/Grab & Go Meal Programs Functional Fitness (9-10 a.m.) Italian (Basic/Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-3 p.m.)	8 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Bridge (9-11:30 a.m.) (1-3 p.m.) Meditation (9:30-10:30 a.m.) Financial Advice (10 a.m.-12 p.m.)	9 French (9-10 a.m.) Chess Club (9 a.m.-12 p.m.) Tai Chi (9-10 a.m.) (10-11 a.m.) (11 a.m.-12 p.m.) Welbe Health Programming & Services (12-2 p.m.) Tech Day (3-5 p.m.)	10 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Line Dancing (9-10:30 a.m.) Espanol (Beginner) (10-11 a.m.) Canasta & Other Games (1:30-3 p.m.)	11 Functional Fitness (9-10 a.m.) Computer Basics (9-11 a.m.) Movie: <i>The Heat</i> (1-3 p.m.)
14 Home Delivery/Grab & Go Meal Programs Functional Fitness (9-10 a.m.) Italian (Basic/Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-3 p.m.)	15 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Bridge (9-11:30 a.m.) (1-3 p.m.) Health Screenings & Counseling (9-11 a.m.) Meditation (9:30-10:30 a.m.) Chair Yoga (11:15 a.m.-12 p.m.)	16 French (9-10 a.m.) Chess Club (9 a.m.-12 p.m.) Tai Chi (9-10 a.m.) (10-11 a.m.) (11 a.m.-12 p.m.) Book Discussion Group (10-11:30 a.m.)	17 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Line Dancing (9-10:30 a.m.) Espanol (Beginner) (10-11 a.m.) St. Patrick's Day Coffee & Treats (10:30-11:30 a.m.) Canasta & Other Games (1:30-3 p.m.)	18 Functional Fitness (9-10 a.m.) Computer Basics (9-11 a.m.) Movie: <i>The Father</i> (1-3 p.m.)
21 Home Delivery/Grab & Go Meal Programs Functional Fitness (9-10 a.m.) Italian (Basic/Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-3 p.m.)	22 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Bridge (9-11:30 a.m.) (1-3 p.m.) Meditation (9:30-10:30 a.m.) Financial Advice (10 a.m.-12 p.m.)	23 French (9-10 a.m.) Chess Club (9 a.m.-12 p.m.) Tai Chi (9-10 a.m.) (10-11 a.m.) (11 a.m.-12 p.m.) Tech Day (3-5 p.m.)	24 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Line Dancing (9-10:30 a.m.) Espanol (Beginner) (10-11 a.m.) Canasta & Other Games (1:30-3 p.m.)	25 Functional Fitness (9-10 a.m.) Computer Basics (9-11 a.m.) Movie: <i>Greenland</i> (1-3 p.m.)
28 Home Delivery/Grab & Go Meal Programs Functional Fitness (9-10 a.m.) Italian (Basic/Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Open Discussion Group (1 p.m.) Mah Jong (1:30-3 p.m.)	29 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Bridge (9-11:30 a.m.) (1-3 p.m.) Meditation (9:30-10:30 a.m.)	30 French (9-10 a.m.) Chess Club (9 a.m.-12 p.m.) Tai Chi (9-10 a.m.) (10-11 a.m.) (11 a.m.-12 p.m.)	31 Yoga (8:30-9:30 a.m.) Walking Group (9 a.m.) (9:45 a.m.) Line Dancing (9-10:30 a.m.) Espanol (Beginner) (10-11 a.m.) Canasta & Other Games (1:30-3 p.m.)	



South Pasadena Senior Center Meal Program

1102 Oxley Street, South Pasadena
Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

COMMUNITY SERVICES

Five or seven day frozen meals available for weekly deliveries on Monday.
COST: \$3.00 per meal

FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Swedish Meatballs over Penne Pasta Carrots Green Peas Fruit & Milk	Lemon Dijon Chicken over Mashed Potatoes Sliced Zucchini Green Beans Biscuit Fruit & Milk	Beef Strip w/ Orange Sauce Brown Rice Carrots Broccoli Fruit & Milk	Breaded Fish Potato Wedges Corn & Broccoli Fruit & Milk
7	8	9	10	11
Deil Chicken Sandwich w/ Provolone on Bun Coleslaw Sliced Green Peppers Mayo Packet Fruit & Milk	Pork Carnitas Seasoned Brown Rice Pinto Beans Sliced Zucchini Fruit & Milk	Spaghetti w/ Turkey Meatballs Cauliflower 5-Way Mixed Vegetables Fruit & Milk	Chicken Cacciatore over Couscous Green Peas CA Vegetable Blend Fruit & Milk	Wet Chicken Burrito w/ Green Salsa Pinto Beans Corn Fruit & Milk
14	15	16	17	18
Tuna Salad Potato Salad Pinto Beans & Corn Baked Chips Fruit & Milk	Cheeseburger Sweet Potato Fries Sliced Zucchini Fruit & Milk	Chicken Alfredo Broccoli Diced Carrots Fruit & Milk	BBQ Turkey Meatballs over Mashed Potatoes Corn & Green Beans Dinner Roll Fruit & Milk	Swedish Meatballs over Penne Pasta Carrots Green Peas Fruit & Milk
21	22	23	24	25
SENIOR CENTER IS CLOSED IN OBSERVANCE OF PRESIDENTS DAY				
Normal operation hours will resume on Tuesday, February 22 nd				
28	1	2	3	4
Tuna Salad Sandwich on Roll Broccoli Salad & Corn Mustard Packet Fruit & Milk	Turkey Burger Potato Wedges Peas & Carrots Fruit & Milk	Beef & Pinto Bean Chili 5-Way Mixed Vegetables Corn Muffin Fruit & Milk	Breaded Pork Chop w/ Creamy Mustard Sauce Mashed Potatoes Green Beans & Cauliflower Dinner Roll Fruit & Milk	Beef Stroganoff w/ Noodles Green Beans Diced Carrots Fruit & Milk

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.



South Pasadena Senior Center Meal Program

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COMMUNITY SERVICES

Five or seven day frozen meals available for weekly deliveries on Monday.
COST: \$3.00 per meal

MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Tuna Salad Sandwich on Roll Broccoli Salad & Corn Mustard Packet Fruit & Milk	1 Turkey Burger Potato Wedges Peas & Carrots Fruit & Milk	2 Beef & Pinto Bean Chili 5-Way Mixed Vegetables Corn Muffin Fruit & Milk	3 Breaded Pork Chop w/ Creamy Mustard Sauce Mashed Potatoes Green Beans & Cauliflower Dinner Roll Fruit & Milk	4 Beef Stroganoff w/ Noodles Green Beans Diced Carrots Fruit & Milk
7 Italian Vegetable Pasta Salad Matchstick Carrots Cherry Tomatoes Italian Dressing Packet Fruit & Milk	8 Chicken Fajitas Brown Rice & Black Beans Peppers & Onions Flour Tortillas Fruit & Milk	9 Lemon Dijon Chicken over Mashed Potatoes Sliced Zucchini Green Beans Biscuit Fruit & Milk	10 Beef Strip w/ Orange Sauce Brown Rice Carrots Broccoli Fruit & Milk	11 Salisbury Steak w/ Gravy Herbed Couscous Sliced Zucchini CA Vegetable Blend Dinner Roll Fruit & Milk
14 Chicken Taco Salad Pinto Beans Corn Baked Chips Fruit & Milk	15 Wet Chicken Burrito Green Salsa Pinto Beans Corn Fruit & Milk	16 Spaghetti w/ Turkey Meatballs Cauliflower 5-Way Mixed Vegetables Fruit & Milk	NEW! 17 Baked Turkey w/ French Onion Sauce Mashed Potatoes Green Beans & Corn Dinner Roll Fruit & Milk	18 Breaded Fish Potato Wedges Corn & Broccoli Muffin Fruit & Milk
21 Cajun Chicken Salad Sandwich Carrot Raisin Coleslaw Diced Jicama Fruit & Milk	22 Cheeseburger Sweet Potato Fries Sliced Zucchini Fruit & Milk	NEW! 23 Fish Fillet w/ Lemon Dijon Sauce over Mashed Potatoes Broccoli 5-Way Mixed Vegetables Dinner Roll Fruit & Milk	24 Chicken Alfredo Broccoli Diced Carrots Fruit & Milk	25 BBQ Turkey Meatballs over Mashed Potatoes Corn & Green Beans Dinner Roll Fruit & Milk
28 Turkey & Cheese Sandwich on French Roll Radish Slices Kale Slaw Mayo Packet Fruit & Milk	29 Caribbean Chicken Strips Seasoned Brown Rice Green peas Corn & Green Peppers Fruit & Milk	30 Chicken w/ French Onion Sauce Mashed Potatoes Green Beans Dinner Roll Fruit & Milk	31 Pasta w/ Pork Loin & Mushroom Gravy Steamed Spinach Cauliflower Fruit & Milk	NEW! 1 Chicken Tinga Brown Rice Black Beans Green Beans Fruit & Milk

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.